



Mk7 Poetry
FACE IT

Mulasho Kachanta

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DEDICATION

This set of poems is written for,
And dedicated to,
All those people that have been hit,
Left, right and center,
By the cares of this world;
And have been subjected to,
Anxiety and stress.
May you find the strength and will,
To **FACE IT** and succeed.

ACKNOWLEDGEMENTS

I would like to thank life,
For teaching me the valuable lessons,
That I'm about to share in this book.
I would also like to thank you,
For reading this book,
And I sincerely hope that,
You'll enjoy doing so,
While benefiting from it at the same time.
Special thanks go to,
Mr Daniel Mwale,
Who made your reading of this,
Possible.

DEAR READER,

How often in life, do you feel overwhelmed, stressed and suffocated, by the problems that you face? How often do you feel as though you're trapped, alone in the middle of a storm; Being hit on every side, by one problem after another while the rest, fall on you, like pouring rain?

Do you feel as though your life is a mess that, hard as you may try, you just can't cleanup; Instead it only gets worse?

If that's the case, you're not alone...

We live in a world where we're pummeled day and night, by the cares of this life; The harsh socioeconomic conditions that we're exposed to, the unrealistic expectations of a compromised society, the moral decay in said society etc. These are just a few examples of the things we're forced to live through. As if that isn't bad enough, you also have your own personal problems to deal with.

In a way, life is an endless cycle of challenges. It truly is, survival of the fittest; Because those that defeat their problems live, while those that are defeated by their problems, die. So really, you have no choice but to face it.

I wrote this collection of 5 themed poems, to give you some motivation to soldier on, in the face of adversity. In each one, you'll explore how certain things in nature, deal with their big problems, and what you can learn from them.

It is my sincere hope that this book, will help you **FACE IT**.

Kind regards,

Mulasho Kacharta,



STORMS

Like a sailboat,
You drift in the raging storm of life.
As you are tossed to and fro,
By the relentless waves of suffering,
Turmoil and strife.
It seems that,
The second that one subsides,
Another one rises,
And crashes on you.
You're on the verge,
Of a catastrophic capsize.
Your life,
Is a series of rough bumpy rides...
You're dragging yourself,
Across the floor of your existence,
While your challenges are taking strides;
Walking all over you.
You feel overwhelmed,
By the things that are going on around you.
You doubt if,
You'll be able to pull through,
And reach the finish line;
Because of the heavy load,
That life has imposed on you to carry.
While your problems continue to pile up,
The solutions seem to tarry;
And your hope,

Is in no hurry to come save you,
From life's unforgiving fury.
But before you give up,
Look to the sky,
And behold the mighty eagle.
Hear it's piercing cry,
As it flies through,
The same storm you're in.
The winds and falling rain,
Push against it,
Forcing it to go down;
Yet it forges on,
Undeterred.
For inasmuch as,
It is feeling the pressure and pain,
It beats its wings,
And pushes itself higher.
It is pushed further down,
But it tries again;
Propelled by,
An unquenchable fire.
Watch in awe,
As it flies through the stormy clouds,
To the light and peace above them.
Where it is headed,
You may not see,
But the truth is,
It is now free.

So don't let the challenges you face

Weigh you down.

Instead,

Raise your head high,

Rise above them,

And smile,

At life's frown.



ON EVERY SIDE

It's all around you,
Checking your very soul.
The feeling,
The realization;
That your life,
Is spinning out of control.
You're stressed,
You're distressed,
And troubled beyond measure.
You're underwater,
And the pressure around you,
Squeezes you one very side,
And pushes you further down,
Into a dark and wet bottomless pit.
You feel all alone,
Like there's no one to pull you out,
No one to save you.
Look around,
And see the seaweed;
Listen to the sound that it makes,
As it shakes in the water.
Don't you wonder,
How it is that something so fragile,
Can survive and thrive,
In the choking depths?
Firmly standing its ground,
Overwhelmed,

But not overpowered;
It holds on,
And stays strong.
Look again,
And see the little fish.
Watch as it swims,
Majestically moving;
Seeking for the unknown.
It has grown to understand that,
Despite being in harsh circumstances,
Do your best to survive.
It may be difficult,
But the moment you give up,
Death and destruction,
Will overrun you.
Life is a race,
So keep moving forward,
Until your each a better place.



GROUNDED

You try to move forward,
Towards what you wish to achieve.
You believe in yourself,
And you're willing to give,
...Whatever it takes to succeed...
Yes you've made mistakes,
But you've learnt from them,
And you're working hard,
Towards being a better person;
But life just can't give you a break.
With every risk that you take,
Opposition hits you hard.
You feel,
You put in your best effort,
But don't receive,
Your due reward.
"It's so unfair!" you say,
And you're right.
But life,
Is a fight against circumstance,
So you just have to put your foot down
And take a stand.
As you tread on life's dusty trail,
Defeated,
Believing you're destined to fail;
Take a seat,
Under the tree on a hill,
And rest your weary back,
Against it's mighty trunk.

Feel it's rough and rugged bark;
It's that way because,
That's the tree's way of adapting,
To the conditions that it's subjected to.

Watch,
As it's leaves and branches,
Smoothly dance in the wind.
Doesn't their fluid motion,
Put you in a trance?
Yes it's beautiful,
But it is as a result of,
Being hit by the merciless winds.

It maybe shaken,
But it doesn't move;
For though it is surrounded by,
The ravaging winds,
It is grounded and rooted,
Deep within the earth.
That is what helps,
Keep it in one place;
Despite the wind,
Trying to move it.

It doesn't deserve to be hit,
Left, right and center,
Day and night;
But it is...
Except it stands,
Proud and tall,
Unwilling to fall,
And is still able to grow!
Sometimes,

You don't deserve what you go through,
Sometimes,
Despite your best efforts,
Life just seems against you;
But in the end,
The fact is it happens.
That's just how the universe works.
The best thing you can do,
Is to stay strong;
And never give up.



OBLIVIOUS

Sometimes,
You just wanna take a break;
You just wanna sleep and never wake,
To the reality,
That you live in.
For it is filled with,
So much stress and commotion.
You are ever in motion;
Chasing after certain things,
While running away from others.
You're caught up in a cycle,
Of endless despair;
Due to things,
For which you never seem to prepare.
Life to you,
Is awaking nightmare;
And endless sea of uncertainty and pain,
...That goes on and on...
With no shore,
No island to rest upon.
Rest and peace;
A rare commodity,
After which you so desperately crave,
Yet you may never see,
Until the day you're laid in your grave.
But amidst all the strife and confusion,
Look at the little baby,

Sleeping comfortably,
In it's mother's arms.
Oblivious to and free from,
Everything that alarms the mind,
And tortures the soul.
Despite the world around it being hectic,
It peacefully rests,
Certain that it is safe;
And oftentimes,
It is.
Sometimes,
When life gets too busy,
When everything spins,
All around you,
And it all makes you feel dizzy;
Take a moment,
To just close you're eyes and dream.
Be at peace;
Calm and care free,
Like an innocent little baby.



...A MOMENT OF SILENCE...

The photo above, won the award for the best picture of the decade (2000 – 2010), And sent the photographer into depression. The deer in the picture, and her two fawns(children), were being chased by cheetahs. When she realized that they weren't going to outrun the cheetahs, she sacrificed herself so the fawns could escape. In the photo, she is looking on as they run away, and the cheetahs are about to rip her to pieces. The message of my final poem in this book, cannot be summed up any better.

FACE IT

The eagle's soar,

The seaweed's flow,

The fish's swim in the waters below,

The mighty tree's standing tall,

The little baby's light snore,

And the deer's fall,

All echo that sometimes,

You just have to face it.

It may seem bigger than you,

But you are only,

As weak and powerless,

As you believe you are.

For within your heart shines,

A burning star;

You are meant to go far,

You are meant to make it.

Everything else,

Is either an obstacle,

Or a stepping stone.

Never succumb to defeat,

Instead,

FEAR;

Face

Everything

And

Rise.

You are;

An amazing person,

An intelligent person,

A beautiful person,

And a capable person.

Within you,

Lies your God given potential;

Tap into it,

And push forward.

Yes,

You maybe hit hard,

But push on and persevere.

The future may be unclear,

But have faith,

In yourself and in God;

Believing that,

One day,

...It will all workout...

And in retrospect,

You'll finally see,

The purpose of it all;

For it is through,

Your pain and suffering,

That you are made strong.

For it is only through,
The intensified,
Fiery furnace of tribulation,
That you are purged and purified,
Till like gold,
You'll shine in all your beauty.
In the end,
The same God you blame,
For your suffering,
Pain and shame,
Will be glorified,
By and through you.
So push on,
You're not alone,
For he is by your side,
Every step of the way;
Ushering you,
Into your glorious day.

DEAR READER

Your life,
Is how you take it;
Your attitude towards it,
Determines whether,
You'll make or break it.
Problems and challenges,
Will always come your way,
But it's up to you,
To decide whether;
You'll beat them,
Or they'll beat you.
Whatever your challenge may be,
I hope you will take a stand,
And **FACE IT**.



ABOUT ME

My names are Mulasho Kachanta,

I'm an 18 year old writer,

Currently based in Kitwe, Zambia.

This is the second poetry eBook I've written,

But the first I've released to the world.

If you have any feedback,

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